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IRONMAN
70.3 SUNSHINE COAST

10 SEP 2023

2023 ATHLETE INFORMATION GUIDE

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RISE, SHINE AND RECHARGE

📍 MOOLOOLABA BEACH



Sunshine
Coast

Come and find your Sunshine Moment, and bring your happy place to life with moments that matter. From the beach to the Hinterland, whatever makes you shine from the inside out, you're guaranteed to find it here.

VISITSUNSHINECOAST.COM

RACE DIRECTOR MESSAGE



Hello and welcome to the 2023 Qatar Airways IRONMAN 70.3 Sunshine Coast!

The stunning blue skies of Mooloolaba await your arrival to join us in celebrating the 10th anniversary of the Qatar Airways IRONMAN 70.3 Sunshine Coast.

The Mooloolaba Esplanade Northern Parklands precinct provides a scenic backdrop for our Athlete Village where you will find Athlete Check-in, the all-important Merchandise Store and our Sport and Lifestyle Expo for those last-minute purchases and goodies.

The ROKA Swim Course will again take place within the crystal-clear waters of Mooloolaba Beach. Once you've conquered the Swim, the Bike Course will take you out to the Mooloolaba foreshore before tackling the climb up and out onto the Sunshine Motorway where you'll enjoy a flat and fast out and back before making the turn along Alexandra Esplanade and heading out for your second lap. The Hoka Run Course will then take you from Mooloolaba back up and over everyone's favourite hill- Alexandra Headlands and out to Cotton Tree and back twice(!) allowing you to take in the sights one of the most picturesque run courses in Australia!

As we get closer to race day and you hit taper time, remember to read through this Athlete Information Guide a few times to make sure you're across all of the information to make your race week as stress free as possible.

Keep an eye out for the Race Director Briefing for any updates, noting the online version of this guide will be updated with any changes, and if you have any last minute questions be sure to come along to the Final Race Director Q&A or attend a Transition Tour.

The event team are set and ready for another fantastic race on the Sunshine Coast and are looking forward to seeing you throughout the weekend.

A huge thanks to our Title and Official Airline Partner Qatar Airways and to the Sunshine Coast Regional Council, Visit Sunshine Coast and Tourism and Events Queensland for their ongoing support.

A big thanks also goes out to the local Sunshine Coast community with a special mention to our amazing volunteers who play a huge part in ensuring that this event is a great success year after year.

The Sunshine Coast has many hidden treasures on offer, and I encourage you to stay and explore as you recover and celebrate your race with your family and friends.

Embrace those pre-race nerves, channel your energy to being as prepared as possible and I look forward to seeing you out on course and crossing that finish line!

Train hard, race safe and enjoy every moment.

MEL KEMP
Race Director



Fun fact: IRONMAN 70.3 Sunshine Coast was my first Triathlon back in 2015!

SALTWATER ECO TOURS

MOOLOOLABA IS CALLING

Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore on the Sunshine Coast, so say hello to new adventures.

DISCOVER MORE

Queensland
AUSTRALIA

WELCOME MESSAGE



Mayoral Message

Welcome to the Sunshine Coast for the 10th IRONMAN 70.3 event.

Our Sunshine Coast community embraces sport as an important part of our enviable lifestyle and as a leading destination for outdoor events like the IRONMAN 70.3.

The diversity of our natural attractions from our coastline to our pristine hinterland makes our region stand out and a drawcard for these types of events.

Whether you are a new or a returning visitor to our region, I hope you take the time to sample the wide range of [experiences](#), [events](#) and [destinations](#) we have on offer.

I am sure the 10th celebrations of the IRONMAN 70.3 will be a great experience, and I would like to congratulate the organisers on reaching such a milestone for this elite sports event.

On behalf of the Sunshine Coast, I wish the best of luck to all participants, and I look forward to welcoming you back to our Sunshine Coast in the future.

Best regards



MAYOR MARK JAMIESON
SUNSHINE COAST COUNCIL

Message from the Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement The Hon. Stirling Hinchliffe MP

Welcome to Qatar Airways IRONMAN 70.3 Sunshine Coast, a highlight on the *It's Live in Queensland* events calendar and a wonderful opportunity to showcase the Sunshine Coast as a tourism destination.

The Mooloolaba community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That's why we support events through Tourism and Events Queensland's Major Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Qatar Airways IRONMAN 70.3 Sunshine Coast allows friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.



Message from the Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement

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RACE REFEREE MESSAGE



On behalf of Triathlon Australia, welcome to all athletes to the 2023 Qatar Airways IRONMAN 70.3 Sunshine Coast.

The event will be conducted under the IRONMAN Competition Rules, and this is a "NON-Drafting Event".

Please note that IRONMAN rules vary slightly to Triathlon Australia's Race Competition Rules, so be sure to familiarise yourself with the differences by studying these IRONMAN rules.

To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty box, please observe the following:

- Ride on the left side of the bike lane;
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel;
- Pass on the right of the cyclist in front (never on the left);
- Complete your pass within 25-seconds;
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- **Drafting** – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing;
- **Illegal pass** – passing on the left;
- **Littering** - discarding items, e.g. tyres, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty box.

Yellow card stop start penalties to be served at the next penalty box include:

- **Blocking** – riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes.

Yellow card stop start and correct penalties include:

- **Helmet** – failing to have your chin strap securely fastened when moving with your bike.

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- Failure to follow the instructions from a Technical Official;
- Offensive and unsportsmanlike behaviour;
- Public personal toilet;
- Outside assistance (from anyone other than a race official);
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Kirrily Guinan
Race Referee





The event is sanctioned by Triathlon Australia and race under [IRONMAN Race Rules](#).

All Athletes must read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

SWIM

Section 4.01 General

(c) The use of snorkels, fins, gloves, paddles or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(g) Individual paddlers or escorts are prohibited; (DSQ).

Section 4.02 Wetsuit Rules

(c) A wetsuit may cover any part of the body except the face, hands or feet;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty, (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension).

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course.

(g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly).

RUN

Section 6.01 General

(a) Athletes may run, walk, or crawl;

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course (e.g. if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (0:30 second penalty, DSQ if not remedied promptly).

FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

Continued over page..

RACE RULES



PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The Athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the Athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each Athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, and confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



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- The Cupcake Cartel
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- Sharks Triathlon Club
- Swiftmultisport
- Beckworth Racing
- Wyn Republic
- Bayside Multisport
- Helix Triathlon
- Moore Performance
- South Bank Triathlon Club
- Sunshine Coast Triathlon Academy SCA
- Toowoomba Triathlon Club Inc
- Balmoral Triathlon Club
- Caloundra Triathlon Club Inc
- Port Macquarie Triathlon Club
- Surfers Paradise Triathlon Club
- Melbourne Triathlon Club Inc
- Multisport Gold
- Warringah Triathlon Club
- Australian Defence Triathlon Club
- Ballina Triathlon Club
- Foot Traffic Endurance Sport Coaching
- SSG MultiSports
- Sunshine Coast Tri Club
- TEAM Tri Coaching
- Tri Nation
- Balance Tri Club
- Bayside Triathlon Club
- BOSS Multisport
- Cairns Crocs Triathlon Club
- Darwin Triathlon Club
- East Coast Cycos
- Elevate Tri Club
- Elite Triathlon Performance Australia
- Mackay Triathlon Club
- MyProCoach
- NQ Triathlon Academy
- Powins Racing Team
- Team T Rex
- Tri-ActiV8 Triathlon Squad
- Bargara Triathlon Club
- Canterbury Triathlon Club
- Hervey Bay Triathlon Club Inc.
- Hills Triathlon Club
- Maitland Triathlon Club Inc
- Mornington Peninsula Triathlon Club
- Noosa Tri Club
- Nunawading Triathlon Club
- Pursue Multisports
- Starfish Tri-Athletic
- Triathlon Tauranga
- Wellington Triathlon Club (NZ)
- Western Suburbs Triathlon Club (WSTC)
- Albury Wodonga Triathlon Club
- Auckland City Triathlon Club
- Carina Leagues Triathlon Club
- Central Coast Triathlon Club
- Coogee Triathlon Club
- DGC Tweed Coast Multisport
- Fitzroy Frogs Triathlon Club
- Hawthorn Triathlon Club
- Intraining Running And Triathlon Club
- Launceston Triathlon Club
- Live2Tri
- Logan Triathlon Club
- Manawatu Triathlon Club
- Mavericks Coaching Alliance
- North Coast Triathlon Club
- ReadyToTri
- Redlands Cycling and Multisport Club
- T:Zero Multisport
- Triathlon Club of San Diego
- Twin Towns Triathlon Club
- UQ TRIADS
- Wilston Grange Triathlon Club
- Atlas Multisports
- Bondi Running & Triathlon Club Inc (B.R.A.T)
- Boost Coaching
- Coffs Harbour Triathlon Club
- Core4 Endurance
- Cronulla Triathlon Club
- Forster Triathlon Club Inc.
- Fremantle Triathlon Club
- Genesis Triathlon Club
- Goondiwindi Triathlon Club Inc.
- Hat Head Triathlon Club
- Jervis Bay Triathlon Club Inc
- JQ Triathlon Team
- Kiama Triathlon club
- Lakers Triathlon Club
- Lockyer Lightning Multisport Club Inc.
- MK Performance
- Perth Hills Triathlon Club
- Race Pace Coaching
- Reed Performance Group
- Sheldon Triathlon Club
- Stadium Triathlon Club
- Tamworth Triathlon Club Inc
- Tempo Systems
- Tomaree Triathlon Club
- Townsville Tri Club
- Triathlon South
- Wagga Triathlon Club
- Whangarei Triathlon Club
- Adelaide Triathlon Club
- Alice Springs Triathlon Club
- AotearoaTriTeam
- Aspire #LiveFit
- Australian Chinese Triathlon Inc
- Bendigo Triathlon Club
- Big Sexy Racing LLC
- Brisbane Triathlon Club
- Bunbury Triathlon Club
- Burleigh Triathlon & Multisport Squad
- C26 Triathlon Team
- Cardiff Triathletes
- CF Racing
- Cloncurry CATS
- Dan McTainsh Triathlon Squad
- Davey Black Tri Club
- ETPA
- Exceed Endurance
- Fit2Tri Triathlon Club
- Fitness Locker
- FLOWITRI
- Fortitude Performance Coaching
- GPC Squad
- Greensborough Triathlon Club
- Hibiscus Coast Harriers & Triathlon Club
- Highlands Triathlon Club
- Hill Top Coaching
- Holistic Endurance
- Hurt Locker Tri
- i4 Coaching
- Ipswich Triathlon Club - AU
- IRONMAORI
- JET Coaching
- Kempsey Runners And Triathlon Club Inc
- Knox Triathlon Club Inc.
- M5 Acadamies
- Mach Apparel
- Mandurah Triathlon Club
- Moree Services Cycle and Triathlon Club
- MōTTIV
- Multidimensional Sports Coaching
- MX Endurance
- Newcastle Triathlon Club
- North Harbour Triathlon Club
- NVDM Coaching
- On Course Triathlon
- Panthers Triathlon Club
- PB3
- Personal Best Triathlon
- Perth Triathlon Club (Aus)
- Phoenix Triathlon Club WA
- Plush Global
- Rebound Club
- Riverland Triathlon Club
- Sadler Coaching
- Sandgate Tri Club
- Shanghai Triathlon Club
- Simon Ward Athlete Training
- Southeast Storm Triathlon Club
- SPORTEAM
- Sportfit Lab
- Standing Start Triathlon
- Sutherland Shire Triathlon Club
- Sydney Triathlon Group
- TCR Sport Lab Ltd
- Team NRGY LLC
- Team Oxygenaddict
- TITAN
- To The Start Line
- Tri Alliance
- Triathlon Team
- TRIATHLON BUDDIES
- Tribe Triathlon Club
- TriEdge Coaching
- TriMotivate Performance Coaching
- Tri-Sport Taupo
- TriVelo Coaching
- Tweed Valley Triathletes Inc
- Westside Triathlon Club
- Whitsunday Triathlon Club
- Yarra Tri Club

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EVENT SCHEDULE



Event Schedule is up to date as at 09/08/2023 and is subject to change.
View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date Information.

| FRIDAY 8 SEPTEMBER 2023 | | |
|---------------------------|--|---|
| Time | Event | Location |
| 3:00pm - 7:00pm | Event Information Open | Event Information, Beach Terrace, Mooloolaba Esplanade |
| 3:00pm - 7:00pm | IRONKIDS Check-In | Event Information, Beach Terrace, Mooloolaba Esplanade |
| 3:00pm - 7:00pm | IRONMAN 70.3 Merchandise Store Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 3:00pm - 7:00pm | Sunshine Coast Sport & Lifestyle Expo Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 3:00pm - 7:00pm | Qatar Airways IRONMAN 70.3 Sunshine Coast - Athlete Check-in Open (Must be pre-booked) | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 3:00pm - 7:00pm | Massage Open (Onsite Bookings) | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| SATURDAY 9 SEPTEMBER 2023 | | |
| Time | Event | Location |
| 6:30am - 7:30am | IRONKIDS Check-In | Event Information, Beach Terrace, Mooloolaba Esplanade |
| 8:00am | IRONKIDS Race Start | Mooloolaba Esplanade, Mooloolaba |
| 8:45am (approx) | IRONKIDS Random Draw Prize | Finish Line, Beach Terrace |
| 10:00am - 4:00pm | Event Information Open | Event Information, Beach Terrace, Mooloolaba Esplanade |
| 10:00am - 4:00pm | IRONMAN 70.3 Merchandise Store Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 10:00am - 4:00pm | Sunshine Coast Sport & Lifestyle Expo Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 10:00am - 4:00pm | Qatar Airways IRONMAN 70.3 Sunshine Coast - Athlete Check-in Open (Must be pre-booked) | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 10:00am - 4:00pm | Massage Open (Onsite Bookings) | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 10:00am - 4:30pm | Qatar Airways IRONMAN 70.3 Sunshine Coast Compulsory Bike Racking (Must be pre-booked) | Parkyn Parade Park, Parkyn Parade |
| 11:30am | Transition Tour | Parkyn Parade Park, Parkyn Parade |
| 12:30am | Final Race Director Update/Q&A | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 1:30pm | Transition Tour | Parkyn Parade Park, Parkyn Parade ^{1,4} |

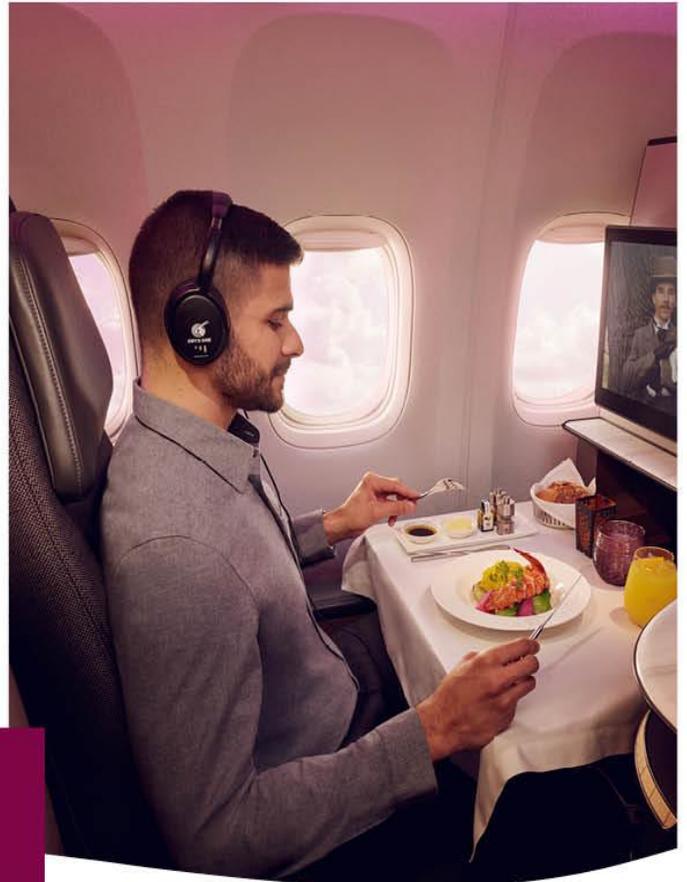
Event Schedule continued over page

EVENT SCHEDULE



Event Schedule is up to date as at 09/08/2023 and is subject to change.
View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date information.

| SUNDAY 10 SEPTEMBER 2023 | | |
|--------------------------|--|---|
| Time | Event | Location |
| 4:45am - 3:00pm | Street Gear Area Open | Parkyn Parade Park, Parkyn Parade |
| 4:45am - 5:40am | Transition Open | Parkyn Parade Park, Parkyn Parade |
| 4:45am - 6:00am | Transition Help Desk Open | Parkyn Parade Park, Parkyn Parade |
| 5:55am | Qatar Airways IRONMAN 70.3 Sunshine Coast Pro Male Race Start | Mooloolaba Beach |
| 5:56am | Qatar Airways IRONMAN 70.3 Sunshine Coast Pro Female Race Start | Mooloolaba Beach |
| 5:57am | Qatar Airways IRONMAN 70.3 Sunshine Coast Physically Challenged/Intellectual Disability Open Race Start | Mooloolaba Beach |
| 6:00am | Qatar Airways IRONMAN 70.3 Sunshine Coast Age Group Rolling Race Start | Mooloolaba Beach |
| 8:00am - 3:00pm | Massage Open | Finish Line, Beach Terrace |
| 8:00am - 3:00pm | Event Information Open | Event Information, Beach Terrace, Mooloolaba Esplanade |
| 9:00am - 3:00pm | IRONMAN 70.3 Merchandise Store Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 9:00am - 3:00pm | Sunshine Coast Sport & Lifestyle Expo Open | Athlete Village, Northern Parklands, Mooloolaba Esplanade |
| 9:38am | First Male Finisher Expected | Finish Line, Beach Terrace |
| 10:02am | First Female Finisher Expected | Finish Line, Beach Terrace |
| 11:45am - 3:00pm | Transition Open for Bike Check Out | Parkyn Parade Park, Parkyn Parade |
| 2:35pm | Last Finisher Expected | Finish Line, Beach Terrace |
| 3:00pm | Qatar Airways IRONMAN 70.3 Sunshine Coast Presentations | Mooloolaba Surf Lifesaving Club |
| 3:30pm | IRONMAN 70.3 World Championship Roll Down Ceremony | Mooloolaba Surf Lifesaving Club |



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ATHLETE CHECK LIST



PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all Check- In/drop off times).
- Ensure you have booked your appointment time for Athlete Check-In and bike racking. You will receive an email three weeks from race day with a link to book these times.
- Review/update of medical & emergency contact details. You will receive an email three weeks from race day with instructions.
- Pack photo ID in your luggage.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Check Athlete list on event app. **Note: last updated 07/08/23.** Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via sunshinecoast@ironman.com or 1300 761 384

ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start & finish line).
- Familiarise yourself with any [road closures](#).
- Check-In and collect race kit.
- Pack items for race day.
- Relay Teams – Familiarise yourself with team transition entry point.
- Relay Teams – Familiarise yourself with the teams meeting point so you can cross the finish line together as a team.

RACE DAY

- Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant).
- Drop off street gear bag (if relevant).
- Start the race - be at the start line at least 15 minutes prior to your start time.
- Finish the race.
- Collect your medal & finisher towel.
- Recover.
- Collect your items – street gear bag, bike pump, bike.

POST RACE

- Have your medal engraved at the Official IRONMAN Merchandise Tent.
- If an award winner attend World Championship Roll Down and Presentations
- Upload your #medalmonday photo on your social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no Apple Pay etc accepted). See page 44.
- Bring friends and family to celebrate.

RACE KIT



RACE KIT COLOURS

- Black – Professional Male
- Silver – Professional Female
- Red – Age Group Athletes
- Light Red – Relay Teams

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into Athlete restricted areas without Athletes wearing their wristband.

NO WRISTBAND = NO ACCESS

3. TATTOOS

Number Tattoo: Place on right bicep
Category Tattoo: Place on left calf
Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.

4. SWIM CAP

Provided ROKA swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

5. STREET GEAR BAG

Place items required for post race (collected from gear drop area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER

Place sticker on the front of your helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.

Note: *Timing Chips are to be collected during bike racking. For more information see page 26.*

INNOVATIVE SWEAT
ACTIVATED APPAREL

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MOTIVATION REVEALED



www.viewsport.eu

RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and differences to the Individual race.

Relay Teams must still read the complete AIG for all relevant information but please note the team specific information below..

RACE KIT

Please refer to page 18 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner.
- Athlete Wristband – each team member will receive their own wristband during Check-In.
- Street Gear Bag - each team member will receive their own Bag.

Tattoos:

- Number Tattoo – worn by runner.
- Category Letter Tattoo – worn by runner.

CHECK IN

Each team member will be required to attend Check-In. The first team member to attend Check-In will receive the Race Kit. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

At Check-In, each team member will complete their own check-in process and collect their own gifts.

It is recommended, where possible, that all Relay Teams Check-In together.

TRANSITION

The change over between team members will occur at the team change over area. Team members will meet at the team change over area and exchange the timing chip. Your timing chip is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of your position and transition flow.

Relay Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

Team cyclists will enter Transition through the Relay Teams Entry and move to the bike rack side of the change over area. Team swimmers will enter transition into the handover area, where they will hand the timing chip to their cyclist. The team cyclist will then proceed to their bike and exit transition.

Once the bike leg has been completed the team cyclist will enter transition and rack their bike before heading to the hand over area and passing the timing chip to the team runner.

The team runner enters the hand over area through the Relay Team Entry where they will wait for the team cyclist and will exit through the Run Exit.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time. *There is no different start for team swimmers vs individual swimmers.*

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the Team Members towel & medal.



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



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PRE-RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See page 14-15 for time and location. We will be operating Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

What you will need to bring:

- Photo ID (driver's licence or passport)
- QR Code

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note, it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

TIMING CHIP

Pick Up: At Transition exit, after racking your bike.

Hot Tip: Place the timing chip somewhere safe after collection. e.g. with your helmet.

Drop Off: Timing chips will be collected within Recovery.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.

PRE-RACE INFORMATION



MASSAGE

Pre and post race massage therapy will be available from Friday to Sunday. View the [Event Schedule \(pages 14-15\)](#) for times and location.

Cost: \$20 per 15 minutes.

BIKE MECHANICS

Bike mechanics will be available to offer minor mechanic services in the venue on Friday and Saturday. They will also be available in Transition on Saturday. This is a paid service.

A limited 'emergency service' will be available on race morning within Transition for all athletes.

RACE DIRECTOR UPDATE

The Race Director Q & A is your opportunity to ask any last-minute questions and it's a great opportunity for both seasoned triathletes or first timers.

View the [event schedule \(page 14-15\)](#) for times and location.

PRE RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day. Therefore, we ask you to be cautious at all times and courteous to the local community.

Swim: Remember to swim between the flags.

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).

All day paid parking is available at the ParknGo Mooloolaba Central car park

Limited 4-hour parking is also available at The Wharf car park, Mooloolaba.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

View changed traffic conditions [here](#)

SHUTTLE BUSES

Shuttle Buses will run between Mountain Creek High School and River Esplanade, Mooloolaba (Opposite Sailport Mooloolaba Apartments).

Shuttle Buses will run between the below times:

- **Saturday 9 September:** 8:00am - 6:00pm
- **Sunday 10 September:** 4:30am - 8:30am
- **Sunday 10 September:** 12:30pm - 5:30pm

If you do require any additional information regarding shuttle buses, please contact us on 1300 761 384.

H6GT

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KM WARRANTY*



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GET READY FOR RACE DAY WITH FULGAZ!

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A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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BAG DROP / COLLECTION



STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at Recovery. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear

Please refrain from placing any valuables in your bag where possible.

View page 14-15 for times and locations.

| BAG | DROP OFF LOCATION | USE DURING RACE | POST RACE COLLECTION |
|------------------------|---|------------------------|---|
| STREET GEAR BAG | When: Sun – 4:45am – Race Start Location: Parkyn Parade Park | No Use | When: Post Race, until 3:00pm Location: Parkyn Parade Park |
| BIKE PUMPS | When: Sun – 4:45am – Race Start Location: Parkyn Parade Park | No Access during race. | When: Post Race, until 3:00pm Location: Parkyn Parade Park |

Note: When you collect your bike post race, all gear bags and bike pumps should be collected at the same time.



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COLLECTION.

 BREITLING



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PRE-RACE

TRANSITION TOURS

Tours will be held by Toby Coote and take approximately 30 minutes. The tour will include:

- Flow of transition
- Entry/exit points
- Suggested setup
- Opportunity for Q&A

View the event schedule (pages 14-15) for times and location.

BIKE RACKING

View the Event Schedule (page 14-15) for times and location.

Prior to Entry:

- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- Conducted by Triathlon Australia upon entry
- You, the athlete are responsible for your bike being in safe working order
- Inspectors will be checking for such things as:
 - End plugs on handle bars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules.

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning .

TIMING CHIPS

Pick Up: At Transition exit, after racking your bike

Hot Tip: place the timing chip somewhere safe after collection. E.g. with your helmet

Drop Off: timing chips will be collected within recovery.

Lost During Race: if you lose your timing chip during the race, inform Event Staff within transition, so that timing providers can do their best to replace the chip.

Drop Out: if you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: if your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.



RACE DAY

HELMET CHECK

Triathlon Australia officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting at Transition. See IRONMAN Rules.

GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. There are no transition bags provided or to be used for this event. Please note no bags/tubs are to be used or left in transition and all bags will be removed if left.

Gear may include:

| Bike | Run |
|-----------------------------------|------------------------------|
| Bike shoes (or on bike) | Running Shoes (compulsory) |
| Helmet | Race bib number (compulsory) |
| Sunglasses | Sunglasses |
| Towel | Hat/Visor |
| Socks | Socks |
| Change of clothes | Change of clothes |
| Nutrition and fluids (or on bike) | Nutrition and fluids |

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

POST RACE

BIKE COLLECTION

View the event schedule on page 14-15 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all gear bags and bike pumps are collected at the same time.



PRO RACING SOCKS V4.0



VENTILATION



PROTECTION



SUPPORT



UNLOCK YOUR FULL POTENTIAL

*LIBÈRE TOUT TON POTENTIEL



AID STATIONS



TRANSITION AID STATION (Swim to Bike & Bike to Run)

Will Offer:

- Water
- Gatorade Electrolyte
- Vaseline
- Sunblock
- Toilets

• BIKE AID STATIONS

In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 2 aid stations located approximately 15km apart.

- B1 – 13.8km & 56.8km, Sunshine Motorway
- B2 – 28.8km & 71.8km, Sunshine Motorway

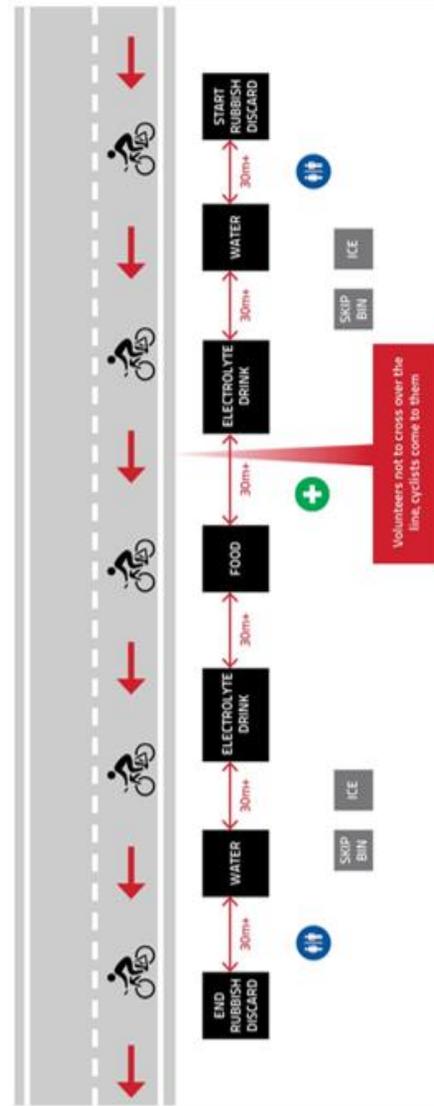
Will offer:

- Water
- Gatorade Electrolyte
- HIGH5 Energy Bars – Berry flavour
- Maurten GEL 100 and GEL 100 CAF
- Vaseline
- Sunscreen
- Toilets

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise them by calling out as per your needs.

AID STATION LAYOUT



BIDON DISCARD

Please ensure bidons are discarded in aid station rubbish zones only. Do not discard anywhere else on course. Strict time penalties will apply.

AID STATIONS



RUN AID STATIONS

The Run Course has 4 aid stations located approximately 1.5km apart.

- R1 – 2.3km, Mooloolaba Surf Club
- R2 – 3.6km., 11km, 12.7km and 20.1km, Location opposite Bukatilla St
- R3 – 5.5km, 9km, 14.7km and 18.2km, Location corner Melrose Pde and Alexandra Pde
- R4 – 6.9km, 16.1km Location Cotton Tree Park

Will offer:

- Water
- Gatorade Electrolyte
- HIGH5 Energy Bars –Berry flavour
- Maurten GEL 100 and GEL 100 CAF
- Red Bull will be supplied on course at R4 and served in a diluted formula
- Cola
- Vaseline (situated in toilets)
- Sunscreen
- Toilets

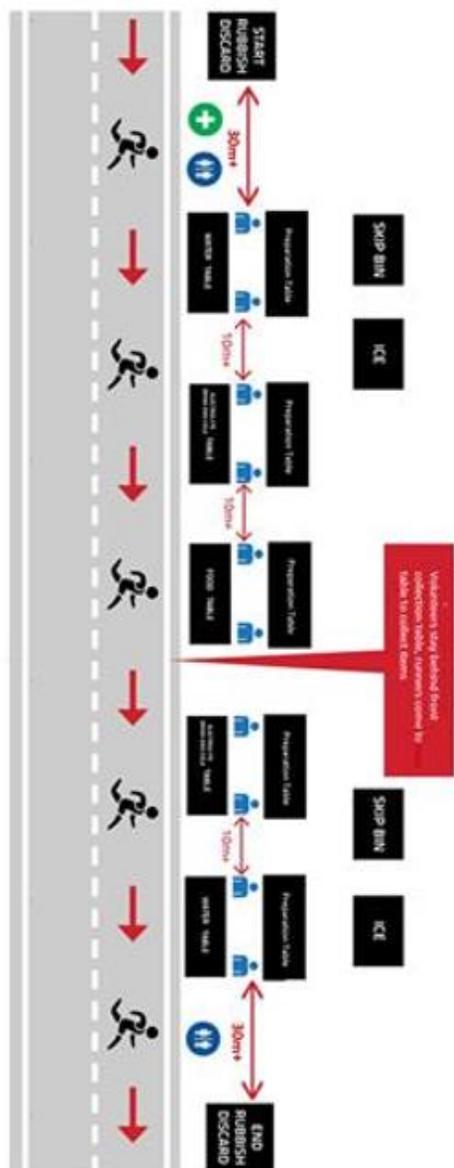
Process:

Keep left when approaching a run aid station. If you do not require any product from a run aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

AID STATION LAYOUT



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Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

maurten.com/ironman

RACE DAY INFORMATION



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 1 hours 00mins from athlete's individual start time (times below based on last athlete in water)

- 1hr 00min, Swim Exit

Bike – 5 hours 00 mins from athlete's individual start time (times below based on last athlete in water)

- 1hr 10min - T2 Bike Exit
- 2hr 03min - Cooloom Roundabout U-Turn Lap 1
- 2hr 59min - Sixth Ave Turn Lap 1
- 3hr 23min - Maroochy River Bridge Lap Outbound Lap 2
- 3hr 54min - Cooloom Roundabout U-Turn Lap 2
- 4hr 24min - Maroochy River Bridge Inbound Lap 2
- 4hr 48min – Sixth Ave Turn Lap 2
- 5hr 00min - T2 Bike Entry

Run – 8 hours from athlete's individual start time (times below based on last athlete in water)

- 6hr 45min - Mooloolaba Taxi Rank Start Lap 2
- 7hr 23min - Duporth Ave Bridge Turn Lap 2
- 7hr 37min – Run Aid Station 3 Inbound Lap 2
- 8hr 00min – Finish Line

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Staff will assist in transporting the athlete back to the event precinct via sag wagons.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations.

In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentators.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed at [course maps](#). Athletes are responsible for any costs incurred as a result of a medical incident. This includes, but is not limited to, ambulance transfers, hospital stays and/or specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively, advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

RACE DAY INFORMATION



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

- Ensure your helmet sticker is visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Your personal race photos will be available within 24-48hrs after the race at www.sportograf.com.

If you pre-purchased your photos, Sportograf will send you a voucher code via email 24-48hrs after the event to redeem your package.

RECOVERY PROCESS & AREA

After passing the finish line arch, you will collect your finisher's medal and towel.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Recovery food/drink
- Medical support (if required)
- Street gear bag & bike pump collection
- Official finisher photo by Sportograf

Important: Before exiting to see your family and friends, please ensure all relevant nutrition and personal items have been collected. There is a NO RE-ENTRY policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Gatorade Electrolyte
- Fruit
- Red Bull

STREET GEAR BAG COLLECTION

Your Street Gear Bag and Bike Pump will be collected from the Gear Tent which is located at Transition, please note this is a 1.4km walk from Recovery.

POST RACE

RESULTS

Results can be viewed at the following locations:

- [IRONMAN Oceania App](#)
- [Event website](#)
- [Finishers Certificate](#)
- No access to online services? Visit our Event Information who can assist.

MEDAL ENGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the Event Schedule (page 14-15) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items here:



Alternatively, view the Event Schedule (page 14-15) for times and location.

Please note: No responsibility or liability is taken by the Race Organisers for lost property. All lost property will be held for 30 days post event. After this time, all left over items will be donated to charity. For any enquiries after the event, please contact IRONMAN on 1300 761 384 or sunshinecoast@ironman.com



ROKA

MAVERICK X2

THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

ROKA

SWIM COURSE 1.9km



Cut off – 1 hours from athlete's individual start time.

WARM UP SWIM

There is no official IRONMAN swim warm up, Although athletes can warm up without Water Safety supervision south of swim start, next to your designated swim start zones. When asked to exit the water, please listen to IROMAN Staff at swim start area.

PROFESSIONAL SWIM START

Professional athletes will start their race in a mass start format from the beach start. View the Event Schedule (page 14-15) for start times.

There is no official IRONMAN swim warm up, Although athletes can warm up without Water Safety supervision south of swim start, next to your designated swim start zones. When asked to exit the water, please listen to IROMAN Staff at swim start area.

Physically challenged/ intellectual disability open SWIM START

Physically Challenged/ Intellectual Disability Open athletes will be communicated to by the Race Director of their start time and process.

If you are a PC/ID Open Athlete and require support, please contact us at sunshinecoast@ironman.com or on 1300 761 384.

ROLLING START

View the Event Schedule (page 14-15) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

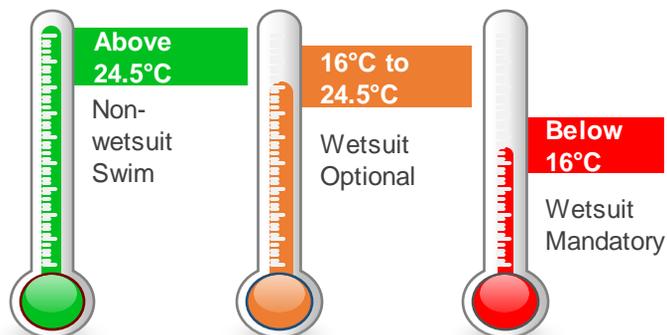
- Zone 1. Under 33 minutes
- Zone 2. Between 33 - 37 minutes
- Zone 3. Between 37 – 42 minutes
- Zone 4. Between 42 minutes+

Zone signage displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

WETSUIT RULING



- **Below 16° Celsius:** Wetsuits mandatory
- **16° - 24.5° Celsius:** Wetsuits optional
- **Above 24.5° Celsius:** Non-wetsuit swim
- A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11:00am. The official wetsuit ruling will be announced race morning by the commentary team.
- See **IRONMAN Race Rules** for more information.
- *Professional athlete wetsuit ruling varies to the above. The below ranges are for professional athletes only.*
 - *Below 16° Celsius: Wetsuits mandatory*
 - *16° - 21.9° Celsius: Wetsuits optional*
 - *Above 21.9° Celsius: Non-wetsuit swim*

GLASSES DROP/COLLECTION

A glasses drop and collection point will be available at the swim start/swim exit. Please ensure your glasses are labelled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.

ROKA SWIM COURSE 1.9km



SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time, should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required, you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

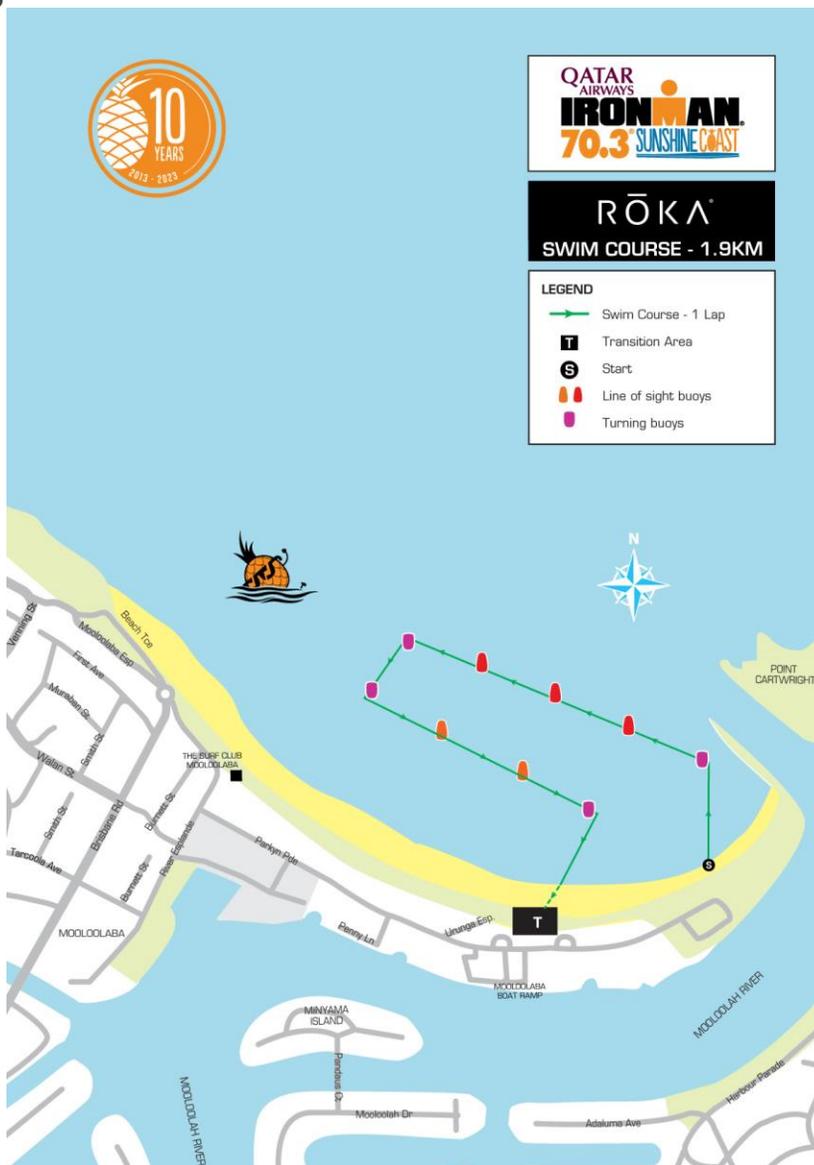
SWIM CAPS

All ROKA swim caps provided will be latex based. In the case you are allergic, please contact us at sunshinecoast@ironman.com or via 1300 761 384.

COURSE

Athletes will enjoy the experience of a rolling start to kick off the swim course at Mooloolaba's spectacular surf beach! The ocean swim consists of a one lap counter-clockwise course, starting at the eastern, more sheltered end of Mooloolaba Beach and finishing approximately 120m west of the swim start.

COURSE MAP



JESSE THOMAS
2X IRONMAN CHAMPION

RÖKA

UPGRADE YOUR EYEWEAR

ULTRA-PREMIUM OPTICS. ZERO SLIP.
INSANELY LIGHTWEIGHT.

GEKO

Patented Fit &
Retention System

C³

C3™ Unmatched Optics
& Premium Lens Coatings



Ultra-Lightweight
Materials



HOKA FLY
HUMAN
FLY™

HOKA RUN COURSE 21.1km



Cut off – 8 hours from athlete’s individual start time.

COURSE

From Transition, runners will head east along The Spit and complete a lap of Point Park before heading north and onto the iconic Mooloolaba Boardwalk and Esplanade. After heading over the scenic Alexandra Headland Hill (the views are worth the leg burn!), athletes will continue to Cotton Tree via Sixth Avenue and Alexandra Parade. Athletes will follow the same route for the second lap along picture-perfect ocean shores before finishing on Beach Terrace, steps away from your beach side recovery.

COURSE MAP



NON-ALCOHOLIC BEER

FIT FOR ALL TIMES



PRESENTATIONS



PRESENTATIONS

All awards will be available for collection at Surf Club, Mooloolaba. View the Event Schedule (page 14-15) for time and location.

- Professional athletes - will be awarded 1st – 3rd.
- Age Group - each age group will be awarded 1st- 3rd place trophies.

TRICLUB AWARDS

The TriClub Podium results are an on-site competition that awards the top three clubs online in the form of digital recognition at 2023 Qatar Airways IRONMAN 70.3 Sunshine Coast

Podium results are determined by the top five individual athletes with the most AGR points from each club. The top 5 athlete's points will be added together to create a club total.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (page 14-15) for time and location.

Qualifying Slots: 50 Age Group qualifying slots for the 2024 IRONMAN 70.3 World Championship, in Taupo, New Zealand held on 14-15 December 2024.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be made at this point in time.

Cost: USD \$780 (including all taxes and fees). Please note, all non-TriNZ athletes will need to purchase a TriNZ One Day Membership (ODM) \$10 USD (approximately \$15 AUD).

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and cw must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

How does the Age Group Slot Allocation Work?

First, a quick note to clarify what we mean below by an "Age Group." An Age Group is a particular age group *within a particular gender*. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a *different* Age Group.

The Allocation Process:

Before Race Day:

- Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot").
- All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

On Race Day:

- If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot.

- The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

After the Race:

• Before Roll Down:

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

• During Roll Down:

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.



ALWAYS REMEMBER YOUR RACE
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ADDITIONAL INFORMATION



VOLUNTEERS

The 2023 Qatar Airways IRONMAN 70.3 Sunshine Coast requires the support of over 600 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 4,000 hours to assist, support and motivate you from the start to the finish of your IRONMAN 70.3 journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers, we simply would not be able to run any IRONMAN events..

OFFICIAL EVENT APP

The IRONMAN Oceania App has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead and you can filter by age group.
- It's super easy to find and create your own list of your favourite athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!

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WOMENFORTRI



WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers".

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life too.

If you have any further questions, please don't hesitate to contact us at sunshinecoast@ironman.com or via 1300 761 384. Our team are here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

Qatar Airways IRONMAN 70.3 Sunshine Coast Team



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